

# My Weight Loss Plan

Congratulations! You are about to start on a weight loss path. To succeed at losing weight, it is best to have a plan that is realistic, specific and measurable. With your health care provider, answer the six questions below. Keep this with you and read it often.

**1** Why is it important for you to lose weight? How will you, your family and your community benefit? List the top three reasons. Try to list positive benefits:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**2** How many total pounds will you lose to achieve the above benefits?

I will lose \_\_\_\_\_ total pounds.

**3** How many pounds will you lose in 1 month, in 6 months, in 1 year?

I will lose \_\_\_\_\_ pounds by \_\_\_\_\_ (in 1 month).

I will lose \_\_\_\_\_ pounds by \_\_\_\_\_ (in 6 months).

I will lose \_\_\_\_\_ pounds by \_\_\_\_\_ (in 1 year).

**4** How will you reach your 1-month weight loss goal? Write down 3 specific steps. (Steps could be: walk 30 minutes on 5 days a week; drink water instead of pop; pack lunch with 1 fruit and 1 vegetable):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**5** How will you measure and track your weight loss progress? (Ways to measure could be: weigh self once a week; notice when pants are loose; notice when energy increases. Ways to track could be: write on calendar; write in journal; tell health care staff):

- | Ways to measure | Ways track |
|-----------------|------------|
| 1. _____        | _____      |
| 2. _____        | _____      |
| 3. _____        | _____      |

**6** Who will support you and how? (Who could be: daughter; friend; weight loss class. How could be: walk together 2 times a week; call when feeling down; go to class 1 time a week):

- | Who will support | How they will support |
|------------------|-----------------------|
| 1. _____         | _____                 |
| 2. _____         | _____                 |
| 3. _____         | _____                 |

